

## Euclid Fish Market Recipe:

# SOLE EN PAPILOTE



### INGREDIENTS:

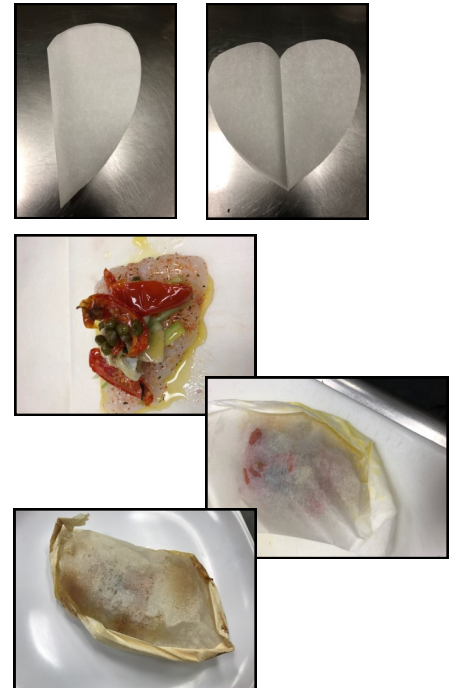
Serving Size: 1 | Yield: 6 oz. portion

- Parchment Paper
- 6 oz. Sole Fillet
- 4 Roasted Tomatoes
- 2 Artichoke Hearts, Halved
- 1 tsp. Capers
- .25 oz. Celery, Julienne
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. Stock, Fish or Chicken
- Salt and Pepper to taste

### DIRECTIONS:

For the parchment paper: Tear a piece of parchment paper big enough to wrap the 6 oz. piece of sole. Fold the piece of parchment paper in half. From the crease, cut out a large heart shape. | As pictured >>>

1. Lay out the parchment “heart” flat on the counter.
2. Place the sole fillet on one half of the heart.
3. Season the sole with salt and pepper to taste.
4. Top the fish with the julienned celery, roasted tomatoes, artichoke heart halves and capers.
5. Drizzle the olive oil and stock over the vegetables.
6. Fold the empty half of the “heart” parchment paper over the fish.
7. From one end, start to make small folds to seal the parchment. Continue until the entire heart has been sealed.
8. Bake at 425° F for 10 minutes.
9. Using scissors or a sharp knife, open the package. Use caution as steam will vent.
10. Serve the sole hot, and on the parchment paper. You can use chopped parsley or chives for additional flavor, color and a beautiful plate presentation.



### PRODUCT INFORMATION: SOLE

**Location and Catch Method:** Our fresh sole fillets are caught in the Pacific US waters by bottom trawls all year round.

**Sustainability Rating:** Best Choice– Green Rating through Seafood Watch.

**Culinary Composition:** Delicate texture with small flakes. When cooked, expect a mild, sweet flavor.

**Cooking Method:** Poach, Steam, Saute, Bake



#### *Nutrition facts*

*Serving Size: 400g*

*Amount*

*per serving*

Calories	91
Total Fat	1.2g
Cholesterol	48mg
Sodium	81mg
Carbohydrates	0
Protein	18.8g
Omega-3	100mg